

Variable	Mean	SD	Min	Max
Age	38.5	12.5	25	65
Gender	Male	Female		
Marital Status	Married	Single		
Education	High School	College		
Occupation	Manager	Worker		
Income	\$30,000	\$40,000		
Health Status	Good	Fair		
Exercise Frequency	Weekly	Monthly		
Stress Level	Low	High		
Sleep Quality	Good	Poor		
Dietary Habits	Healthy	Unhealthy		
Alcohol Consumption	Occasional	Frequent		
Tobacco Use	Non-user	User		
Family Size	2	3		
Home Ownership	Owner	Renter		
Commute Time	15 min	30 min		
Work Hours	40 hrs/week	50 hrs/week		
Job Satisfaction	High	Low		
Life Satisfaction	High	Low		
Overall Well-being	Good	Fair		

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